

BoCo Christmas Holiday Classes

18 Dec 2017 to 7 Jan 2018



The timetable is quieter than usual as we are closing to repaint the studio. Please try a different class if your usual class is not running in the holidays. We are offering classes from the 4th January - book in and we will confirm whether they are running on the 3rd. The new term will start on Monday 8th January.

Six-class passes or single class rates apply, except for annual members. T1 members paying for next term can include the holiday classes with their payment.

Please book at Reception or phone in to book. If you haven't pre-booked, please phone to check that the class is running.

Key: Shaded box indicates class is not running
Clear box shows date of class.

Day	Time	Min	Class	Wk1	Wk2	Wk3
Mon	915	75 min	Enjoying Yoga	18-Dec	Merry Christmas and a very Happy New Year!	no classes
	1035	60 min	Starting Yoga	18-Dec		
	1230	60 min	Course: PN Yoga Mother & Baby	18-Dec		
	1800	55 min	Gentle Pilates	18-Dec		
	1900	55 min	Pregnancy Pilates	18-Dec		
	2005	75 min	Starting Yoga	18-Dec		
Tues	930	90 min	Enjoying Yoga	19-Dec		
	1100	60 min	Course: PN Yoga Mother & Baby	19-Dec		
	1900	55 min	Pregnancy Pilates	19-Dec		
	2000	55 min	Enjoying Pilates	19-Dec		
	1900	60 min	Core Strength	19-Dec		
Wed	915	75 min	Gentle Yoga	20-Dec		
	1035	55 min	Course: PN Pilates Mother & Baby	20-Dec		
	1145	55 min	Starting Pilates	20-Dec		
	1900	70 min	Pregnancy Yoga	20-Dec		
	2015	75 min	Enjoying Yoga	20-Dec		
Thurs	615	60 min	Enjoying Yoga	21-Dec		
	930	55 min	Starting Pilates	21-Dec		
	1035	55 min	Course: PN Pilates Mother & Baby	21-Dec		
	1145	55 min	Course: PN Yoga Mother & Baby	21-Dec		
	1300	45 min	Lunchtime Pilates	21-Dec		
	1400	60 min	Calming the Mind	21-Dec		
	1900	55 min	Pregnancy Pilates	21-Dec		
Fri	2000	55 min	Starting Pilates	21-Dec		
	730	60 min	Power Yoga	22-Dec		
	915	75 min	Enjoying Yoga	22-Dec		
* NB NEW TIME	1930	60 min	Active Yoga			
Sat	800	60 min	Enjoying Yoga	23-Dec		
	910	60 min	Pregnancy Yoga	23-Dec		
	1015	75 min	Gentle Yoga	23-Dec		
	1145	75 min	Pregnancy Yoga			
Sun	930	90 min	Enjoying Yoga			

Please give as much notice as possible if you have to cancel. Class fees are payable for same day cancellation. We reserve the right to cancel a class if not enough people book, and to substitute teachers if necessary.

